



Float Therapy - The Art of Shavasana in Water

Float Therapy is a form of aquatic bodywork created and founded in **Iceland** in 2012. It evolved into a defined methodology in 2018 and became a global practice in 2022.

The therapeutic nature of Float Therapy invites people into the unique journey of ***Shavasana in water***—a free, independent floating experience. Through a gentle sequence of movements and mindful bodywork, the body softens into deep **relaxation**, awareness expands into **meditation** which harmonizes **body-mind integration**. Sharing collective consciousness of **healing togetherness**.

The practice takes place on the surface of a calm, warm-water pool. Participants are gently guided into effortless floating, supported by a custom-designed set of flotation accessories that provide comfort, safety, and a profound sense of trust. The practitioner's full and attentive presence meets each individual's needs.

The Float Therapy approach is founded on **seven principles** that integrate elements of Chinese Medicine with contemporary Western science—together forming a holistic pathway to **wellness**.

The **vision** of Float Therapy is to open the **healing space** of warm water and to cultivate skilled aquatic bodyworkers who can offer safe, high-quality, and deeply enjoyable therapeutic experiences around the world.

Combo Training - A special edition of both Levels 1 and 2

- The training program offers participants a rich and diverse therapeutic toolbox, combining practical skills, embodied learning, and professional standards.
- Providing “Float Therapy culture” and offering classes with a 1:2 ratio; one practitioner and two participants (“a small group of two”).
- Designed to optimize time and resources while deepening the participants’ practice.
- Enables non-experience alongside experienced aquatic bodyworkers.
- The combo holds both levels 1+2 syllabuses (See below). A total of 60 academic hours.

Location and dates: Levels 1+2 Combo: **20-25/02/2026**

- Pool location: Reykjavik (Upon registration, an exact location will be provided).

Number of participants: 12 (6 pairs)

*optional 12 participants (6 pairs) depending on the training set of locations.

General time table: 6 days, each day holds both land and water practice.

* Gathering time: 08:45 - 09:00 (at meeting point) - **Starting at: 09:00**

* Lunch break: 13:00 - 14:30

* Ending: 18:00

Contact for more info: DM: IG /FB

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Accommodation and Transportation:

* Please contact Unnur for consulting and support.

Food and drinks:

Previous to the training an informative email will be sent including the lunch break options and cost.

*Food will be charged separately to the training fees.

Flothetta Floats: 10% off discount on “Flothetta” floats set and accessories



Admission fee and logistics:

- Training fee of the two levels is **220,000 ISK = 1,550 €**.
- To save a spot, participants are kindly asked to place a registry fee/ deposit of **200 €**.
- **"Early-bird"** registry offers 15% discount to a total of **1,325 €**.
- To enjoy an early-bird discount, full payment of 1,325 € must be completed by January 20th.
(200 \$ + 1,125 \$ = 1,325 €)
- From Feb. 2nd /2026 - to opening day March 11th /2026 Training fee is full price of **1,550 €**.
- The deposit payment will be reduced from the total training fee cost (early-bird or full price).
- Payment through bank transfers, contact details are in the flyer.
- Completion of money transfer will be followed by a payment proof document.

Cancellation Policy:

- **Full money refund** by January 30, 2026.
- **50% money refund** up to 1 week before course opening and no later than February 13 2026.
- **Non money refund** on cancellation, one day before opening or on day opening.

*Flights Booking -Please wait for our final confirmation of 30 days before training due date
(Course facilitators / Course director).

Payment through Bank transfer

A. Bank transfer - Details upon request

B. Cash (can be placed during the training days)

* For any need of support or clarification please contact Unnur

Float Therapy Level 1 - Foundations (Syllabus)

- Learning about the foundations of therapeutic work in water.
- The role of the Giver and the role of the Receiver.
- Meeting the Float Therapy concept.
- Learning basic sequence of movements and bodywork.
- Introduction on quality of touch - "listening hands".
- Learning about physiological processes within the body while floating in warm water.
- Meeting different groups with different needs.
- Health contraindications.
- Obtaining basic aquatic body work skills as a giver, offering one on one 'class' (1:1).

Float Therapy Level 2 - Practitioner (Syllabus)

- Meeting the water element properties and its healing space.
- “Hands on work”, refining the aquatic bodywork toolbox acquired in level 1 by deepening the practice.
- Flothetta workshop: learning to understand and use the accessories line as support.
- Body alignment in water.
- Float Therapy Class: setup and structure.
- The benefits of floating.
- Meeting different groups with different needs.
- Health contraindications.
- The 7 Principles.
- Code of ethics.
- Offering a Float Therapy 'class' of a small group of two, one practitioner and two participants (1:2).
- Offering "Samflot", "Floating Together", one practitioner and two participants (1:2).

* Certificate on completion. class assessment. Filling a log book.

*Progress to the next level by completing supervision tasks that meet the required level of aquatic bodywork performance in water.

- To get to know us better read more or find FAQ please visit: <https://floattherapy.is/>